



**American
Red Cross**

Together, we can save a life

American Red Cross Swimming Courses Summer 2007



The City of Broken Arrow is a Proud Authorized Provider of the
American Red Cross Swimming Program

COST: \$40.00 per Session

***CLASS TIME:** Tuesday - Friday (2 weeks per session)

***June 25 – July 6** class will be held Monday - Friday the first week and

Tuesday – Friday the second week – no classes will be held on Wednesday, July 4th

Enrollments can be taken over the phone with a credit card; Visa or Mastercard only. Through the City of Broken Arrow's WebTrac (<https://webtrac.brokenarrowok.gov/>), in person or you can mail this Signed Form with your payment of \$40.00 (check or money order) made out to: **The City of Broken Arrow, 485 N. Poplar, Broken Arrow, OK 74012**

Walk-in enrollment can be taken at any of these locations:

Central Park Community Center
1500 S. Main Street
259-8437

Parks and Recreation Office
485 N. Poplar
259-7000 x7440
www.brokenarrowok.gov

Nienhuis Park Community Center
3201 N. 9th (55th & Lynn Lane)
355-0287

Participant Information:

Participant Name _____ Age _____ Birth Date _____ M or F (circle one)

Mailing Address _____ City _____ **OK** Zip _____

Telephone _____ Cell _____

Additional Required Information:

Parent/Guardian Name _____ Birth Date _____

Address _____ **OK** Zip _____

Phone _____ Cell _____

Emergency Contact (Other than guardian) _____ Relation _____

Phone _____ Cell _____

Medical Information:

Does the participant have any medical condition the instructor should be aware of? (For example; diabetic, suffers from seizures etc.) Yes No (Circle One)

If yes, please explain _____

Students who have never taken lessons before should begin no higher than a Level 2 class, regardless of age.

(Levels 2-6 have prerequisites for advancing to a new level)

For description of classes visit the Parks website at (<https://webtrac.brokenarrowok.gov/>), visit one of the Community Centers or call 259-8437 - 355-0287 or 259-7000 x7440

Pool Safety will be taught on rainy days!

Please select your "**preferred**" class time and an "**alternate**", in case your preferred class time is full
(See Schedule of Classes On Back)

Preferred

Level: _____ Session: _____ Time: _____

Alternate

Level: _____ Session: _____ Time: _____

2007 Swim Class Schedule

Lessons are conducted in 2 week Sessions
Tuesday through Friday

Before enrolling a child in Levels 1-6, parents must answer "yes" to the following questions

PC-A (Parent & Child Aquatics A): 6 months to 3 yrs (parent assisted)

PC-B (Parent & Child Aquatics B): 3 to 5 yrs (parent assisted)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

Level 1 - Introduction to Water Skills (5 years and older):

- Is the child 5 years or older?
- Can the child enter the water without floaties or a life jacket on?

Level 2 – Fundamental Aquatics (5 years and older)

- Can the child enter unassisted, move 5 yards, and bob 5 times to chin level?
- Can the child float on front with support for 3 seconds, rollover onto back (with assistance), and float on back with support for 3 seconds?

Level 3 – Stroke Development (6 years and older)

- Has the child ever had swim lessons before?
- Can the child step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move into a back float for 5 seconds and return to a standing position?
- Can the child push off and swim at least 15 feet on their front and back using a combination of arm and leg movements?

Level 4 – Stroke Improvement (7 years and older)

- Can the child jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side)
- Maintain position by treading or floating for 30 seconds
- Swim back crawl for 15 yards?

Level 5 – Stroke Refinement (8 years and older)

- Can the child perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or scull), and swim elementary backstroke for 15 yards?
- Can child swim breaststroke for 15 yards, tread water for 1 minute, and swim back crawl for 25 yards?

Level 6 – Swim Proficiency (9 years and older)

- Can the child perform a shallow dive into deep water, swim front crawl 50 yards, maintain a back float position for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards?
- Can the child swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards?



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2007 SWIM LESSON SCHEDULE

Classes are held Tuesday – Friday
Make up class for July 4th will be
held on Monday, June 26
No classes on July 4



**NOTICE CLASSES ARE HELD AT TWO DIFFERENT POOLS FOR
MORNING AND EVENING CLASSES**

Adult swim lessons will be offered upon request

Parents are asked to sit outside of the pool enclosure while watching class

All instructors are Red Cross certified Water Safety Instructors

MORNING CLASSES **Country Aire Pool** **100 N. Fir**

Session 1 – June 12-22

<u>Class Times</u>	<u>Levels</u>
8:45 – 9:25	1,2,3,4
9:35 – 10:15	1,2,3,4,5,6
10:25 – 11:05	1,2,3,4
11:15 – 11:55	1,2,3,4

Session 2 – June 26 – July 6

<u>Class Times</u>	<u>Levels</u>
8:45 – 9:25	PCA, PCB, 1,2,3,4
9:35 – 10:15	PCA, PCB, 1,2,3,4,5,6
10:25 – 11:05	PCA, PCB, 1,2,3
11:25 – 11:55	PCA, PCB, 1,2,3

Session 3 – July 10 – July 20

<u>Class Times</u>	<u>Levels</u>
8:45 – 9:25	PCA, PCB, 1,2,3,
9:35 – 10:15	PCA, PCB, 1,2,3,4,5,6
10:25 – 11:05	PCA, PCB, 1,2,3,4
11:25 – 11:55	PCA, PCB, 1,2,3

Session 4 – July 24 – August 3

<u>Class Times</u>	<u>Levels</u>
8:45 – 9:25	PCA, PCB, 1,2,3,4,5,6
9:35 – 10:15	PCA, PCB, 1,2,3
10:25 – 11:05	PCA, PCB, 1,2,3,4
11:25 – 11:55	PCA, PCB, 1,2,3

EVENING CLASSES **Family Aquatic Center** **1200 S. Main**

Session 1 – June 12-22

<u>Class Times</u>	<u>Levels</u>
6:30 – 7:10	1,2,3,4,
7:20 – 8:00	1,2,3,4,5,6

Session 2 – June 26 – July 6

<u>Class Times</u>	<u>Levels</u>
6:30 – 7:10	PCA, PCB, ,2,3,4,
7:20 – 8:00	PCA, PCB1,2,3,4,5,6

Session 3 – July 10 – July 20

<u>Class Times</u>	<u>Levels</u>
6:30 – 7:10	PCA, PCB, ,2,3,4,
7:20 – 8:00	PCA, PCB1,2,3,4,5,6

Session 4 – July 24 – August 3

<u>Class Times</u>	<u>Levels</u>
6:30 – 7:10	PCA, PCB, 1,2,3,4,
7:20 – 8:00	PCA, PCB1,2,3,4,5,6